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#### ABSTRACT

Disclosed is a container for containing a beverage and a grommet for use with a container, and a method of retaining liquid in a container and preventing reverse flow out of the container. The container is of the type for retaining a quantity of beverage including at least one wall containing a cavity therein, a rim defining a mouth, and a lid extending at least partially over the mouth. A valve port is provided in the lid. A grommet is provided for retention in the valve port including a flange and structures for retaining the grommet in the valve port. The grommet defines an aperture extending therethrough which communicates with the valve port. The beverage is passed through the aperture and valve port for retention in the cavity of the container. A tongue extends from the grommet into the valve port for movably blocking a portion of the valve port. The tongue is movably displaced as beverage is dispensed into the container and is positioned over a portion of the valve port for preventing reverse flow of beverage from the container out through the valve port.